

INSTRUCTION MANUAL EM S4 PRO

2.1.1. TENS EMS4 PRO yra TENS/EMS prietaisas

INTENDED USE

The TENS EMS4 PRO has been developed as a TENS/EMS device especially for clinic and hospital use. When used correctly, it can : relieve acute and chronic pain, improve blood circulation in the treated areas and rehabilitate a muscle.

The TENS EMS4 PRO is used for transcutaneous electrical muscle and nerve stimulation in humans.

The spectrum of pain indications therefore includes :

- Chronic neuropathic pain
- Chronic nociceptive pain
- Acute nociceptive pain
- Chronic nociceptive + neuropathic pain
- Acute nociceptive + neuropathic pain

The spectrum of EMS Muscle stimulation includes:

- Muscle and Nerve Rehabilitation but also for Vascular, Strength, Recovery and Muscle Relaxation purposes.

Do not use this device in any other cases.

TENS BACKGROUND

TENS (transcutaneous electrical nerve stimulation) has been used for 50 years in pain therapy. In TENS therapy, weak current is conducted through the skin into the tissue via two or four electrodes.

Medical data

What is TENS ?

TENS = Transcutaneous Electrical Nerve Stimulation.

TENS uses the analgesic properties of certain electrical currents by transcutaneous route. This technique was developed following Melzack and Wall's work on gate control theory. It is an effective, non-drug-like method that allows analgesia by electrical counter-stimulation via the nerve system receptors that carry the painful message.

What pains can TENS be used for?

TENS is a therapeutic option to consider in case of chronic pain that is rebellious (pain that has been progressing for 6 months or more). TENS may be offered as an alternative to drug therapy or as a supplement to treatment for chronic pain.

How does TENS work?

The analgesic programs allow electrical impulses to pass through the skin and stimulate nerve receptors to block transmission of the painful message to the brain. Some frequencies (80-100 Hz) generally provide immediate relief during stimulation but with a limited effect over time. On the contrary, low frequencies (<10 Hz) stimulate the body's natural production of endorphins for relief that can last several hours after the stimulation has ended. TENS is used to relieve pain but does not treat the cause. If pain persists, consult your doctor.

Technical description

2.1.2. Keturių kanalų nervų ir raumenų stimulatorius su elektriškai izoliuotais kanalais (nepriklausomais)

Four-channel nerve and muscle stimulator with electrically insulated channels, constant current characteristic, output short circuit control element (AKS), 60 integrated pre-set programs and 8 user programs.

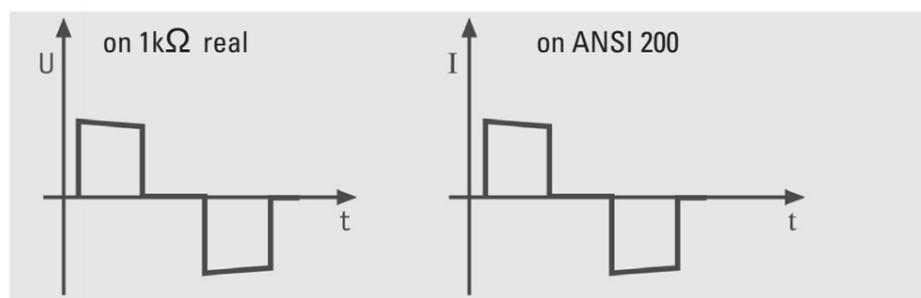
Technical specifications :

2.1.4. Išėjimo srovė 100 mA
2.1.6. Dažnio ribos 1-120 Hz
2.1.5. Pulso plotis 50-400µs

Output current 100 mA (with an actual resistor of 1 kΩ)
Frequency range 1-120 Hz
Pulse width 50-400 us
Nominal current 15 mA
Alimentation Rechargeable Li-Ion battery
4000 mAh
Size 150 x 90 x 40 mm
Weight 310 g

Pulse form:

Biphasic symmetric impulses with pause



1. Display

The 3 upper buttons are used for interface navigation, selecting of program and validation.

2. The top right button is for choosing the treatment program and stopping the running stimulation.

3. the central top button helps for choosing between higher body or lower body stimulation zone. 

4. the top left button helps for adding to favorites, or entering the favorites menu. This button also helps to pause the running stimulation and then start again.

5. Button «  » starting the stimulation and simultaneous increase of intensity on all 4 channels.

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6. Button «  » Simultaneous decrease of intensity on all 4 channels.

7. If you have selected one specific channel by clicking on channel button 1-2-3 or 4, then you can see this channel flashing. As long as this channel is flashing you can the specific intensity for this channel by using the following buttons:  

8. On-Off button 

2.1.2. Pasirinkus vieną konkretų kanalą mygtukais 1-2-3 arba 4, galite intensyvumą keisti kiekvienam kanalui atskirai

9. Battery level indicator 

2.1.7. Baterijos lygio indikatorius

10. Outout channels 1 to 4 for connecting the cable leads to the electrodes.

11. USB female connector for plugging to the loading station for recharging the battery.

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Réf.	Size	Quantity
106351	cable type 5.15-S (black)	1 piece
106352	cable type 5.16-S (grey)	1 piece
106353	cable type 5.17-S (red)	1 piece
106354	cable type 5.18-S (yellow)	1 piece



Cable lifetime: 500 hours of stimulation; after that the cable has to be changed because the copper strands inside the cable become rigid with time and end up breaking so as not to conduct the stimulation current anymore. 500 hours of stimulation corresponds to normal use over one year.

ATTENTION - SAFETY MEASURE: Never use a cable with bare or damaged wire.

101 062	Charger for connecting of loading station Model: ABT010050 (AC/DC ADAPTER) INPUT: 100-240 V~,50/60 Hz; Output: DC5V, 1000 mA	1 pc
101 152	Loading station	1 pc

2.1.8. Prietaisas komplektuojamas saugojimo/transportavimo krepšiu, 2 kabeliais, pakrovimo stotele.

Device comes with storage case, 2 cables, 1 bag of Stimex electrodes, 1 loading station.

NOTE: The maximum length of the cable should not exceed 2.5 meters.



Loading station